



Pyridoxine

Overview

Pyridoxine, also known as Vitamin B6, is important in maintaining the health of our nerves, skin, and red blood cells. It is found in foods such as meat, poultry, bananas, avocados, nuts, and whole grains. Most people acquire the necessary amount of vitamin B6 in their normal diet. However, some conditions and medications may cause some people to become deficient. Adequate levels of vitamin B6 are necessary to produce neurotransmitters like serotonin, dopamine and GABA, meaning it plays an important role in regulating our mood. Supplementing with B6 has been studied as a potential treatment for mood disorders, depression and PMS. B6 is used in the production of hemoglobin, and it may aid in reducing inflammation throughout the body.

Other Uses

Pyridoxine (Vitamin B6) may also play vital roles in maintaining the health of your brain, immune system and nervous system.

Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 100mg/ml

Route of Administration: IV/IM

Storage

Store at controlled room temperature. Protect from light.